

COLLEGE SPORTS AND THE HIGH SCHOOL STUDENT-ATHLETE

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Percentage of NCAA student-athletes who report that college athletics has had a positive effect on their...

93%

Personal responsibility

81%

Self-confidence

92%

Teamwork skills

80%

Time management skills

91%

Work ethic

79%

Understanding of other races

88%

Leadership skills

68%

Study skills

87%

Personal values and ethics

65%

Commitment to volunteerism

Source: NCAA ICMC I Study - Endorsement of top five social points (positive, very positive) on a 5-point scale

Recruiting Myths/Truths

Recruiting Myths:

1. A “blue chip” athlete can get into ANY college.
2. Athletic ability is more important than high school academic performance.
3. Test scores don’t matter.
4. Any college will work for the student-athlete, as long as he/she can play.

Recruiting Truths:

1. A student must meet academic requirements (especially if he/she is *not* the #1 recruit in the nation).
2. In almost every situation, the admission office, NOT the college coach, will make the admission decision.
3. College coaches assess a student-athlete’s high school GPA *and* SAT or ACT score to determine his/her academic eligibility.
4. Student-athletes need to figure out which type of college “fits” them, as well as if they want to be a “big fish” in a little pond, or a “little fish” in a big pond.

NCAA FACTS



NCAA Facts

OUR THREE DIVISIONS

DIVISION I

Division I schools generally have more students, larger athletics budgets and more athletics department support than schools in Division II or III.

DIVISION II

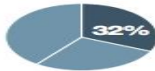
Schools in Division II emphasize a life balance in which academically and athletically gifted students can compete at a high level, while maintaining a traditional collegiate experience.

DIVISION III

Academics are the primary focus for Division III student-athletes who experience shorter sports seasons, reducing their time away from academic studies and other campus activities.

NUMBER OF SCHOOLS

347



309



442



MEDIAN UNDERGRADUATE ENROLLMENT

9,970

2,524

1,790

STUDENTS WHO ARE ATHLETES

1 in 25



[180,699]

1 in 13



[120,434]

1 in 6



[191,398]

AVERAGE NUMBER OF TEAMS PER SCHOOL

19

16

18

PERCENTAGE OF NCAA STUDENT-ATHLETES IN DIVISION

37%



24%



39%



ATHLETICS SCHOLARSHIPS

Multyear, cost-of-attendance athletics scholarships available

53 percent of athletes receive athletics aid

Partial athletics scholarships model

56 percent of athletes receive athletics aid

No athletics scholarships

75 percent of athletes receive non-athletics aid

Do schools in all three divisions offer athletics scholarships?

Schools in Divisions I and II provide more than \$2.7 billion in athletics scholarships annually to more than 150,000 student-athletes. Division III schools do not offer athletically related financial aid, but student-athletes may receive academic or need-based financial aid similar to other students on campus. For more information about scholarships, see page 36.

Are initial-eligibility standards similar in all three divisions?

If you want to compete at a Division I or II school, you must meet academic and amateurism standards set by the NCAA membership. Divisions I and II requirements can be found on pages 11 and 14, respectively. At Division III schools, you must meet the admission standards set by the school for all incoming students and amateurism standards set by the NCAA membership. For more information about Division III, see page 17.

THINKING OF GOING PRO?

There are more than 480,000 NCAA student-athletes, and **fewer than 2 percent** will go pro in their sport.

	MEN'S BASKETBALL	WOMEN'S BASKETBALL	FOOTBALL	BASEBALL	MEN'S ICE HOCKEY	MEN'S SOCCER
High School Student-Athletes	546,428	429,380	1,083,308	488,815	35,155	440,322
High School Senior Student-Athletes	156,122	122,660	309,517	139,661	10,044	125,806
NCAA Student-Athletes	18,684	15,593	73,660	34,554	4,102	24,803
NCAA Freshman Roster Positions	5,338	4,741	21,048	9,873	1,172	7,087
NCAA Senior Student-Athletes	4,152	3,687	16,369	7,679	912	5,512
NCAA Student-Athletes Drafted	44	35	251	695	51	75
Percent High School to NCAA	3.4%	3.9%	6.6%	7.1%	11.7%	5.6%
Percent NCAA to Professional	1.1%	0.9%	1.5%	9.1%	5.6%	1.4%
Percent High School to Professional	0.03%	0.03%	0.06%	0.50%	0.51%	0.06%

*Percentages based on estimated data.

For the rest, the experiences of college athletics and the life lessons they learn along the way will help them as they pursue careers in business, education, athletics administration, communications, law, medicine and many more fields. Education is a vital part of the college athletics experience, and student-athletes treat it that way.

Overall, student-athletes graduate at higher rates than their peers in the student body, and those rates rise each year.

NCAA SPORTS

The NCAA conducts 90 national championships in 24 sports across Divisions I, II and III, with 44 championships administered for women and 42 for men. That means almost 54,000 student-athletes participate in NCAA championships each year.

From signature events like the NCAA March Madness[®] men's and women's basketball tournaments to rowing, rifle, softball and skiing, the NCAA administers championships to ensure student-athletes have a first-class experience. But the NCAA also is committed to quality events for everyone involved, from the coaches to the fans and broadcast audiences.

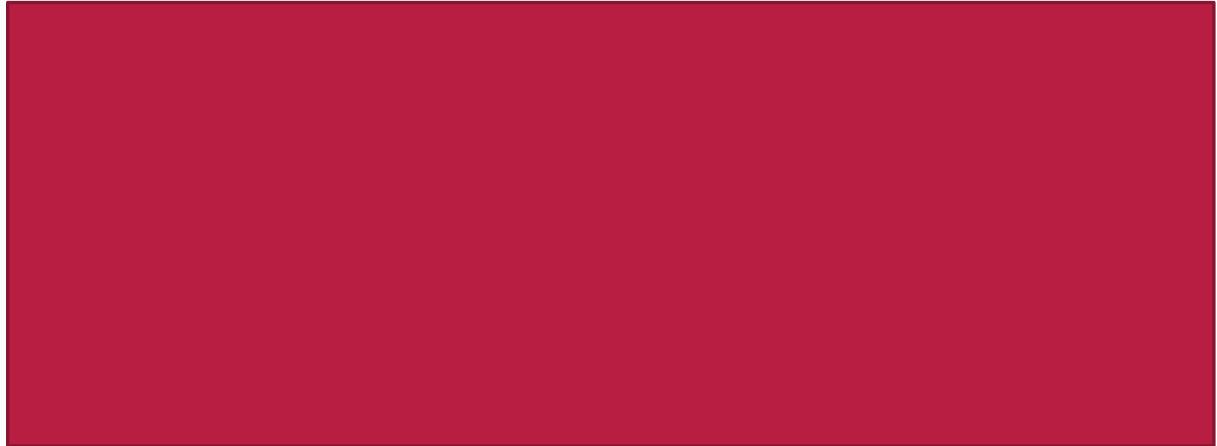
It is important to the NCAA that our championships have a positive impact on the communities that host them. The NCAA hosts youth clinics and various fan events to complement the competition — creating what is hoped to be a championship experience for everyone involved.

FALL SPORTS		WINTER SPORTS		SPRING SPORTS		EMERGING SPORTS
Men: Cross Country Football Soccer Water Polo	Women: Cross Country Field Hockey Soccer Volleyball	Men: Basketball Fencing Gymnastics Ice Hockey Indoor Track and Field Rifle Skiing Swimming and Diving Wrestling	Women: Basketball Bowling Fencing Gymnastics Ice Hockey Indoor Track and Field Rifle Skiing Swimming and Diving	Men: Baseball Golf Lacrosse Outdoor Track and Field Tennis Volleyball	Women: Beach Volleyball Golf Lacrosse Outdoor Track and Field Rowing Softball Tennis Water Polo	Women: Equestrian Rugby Triathlon



NCAA Research  @N... · 1d 

6.8% of high school football players will play **NCAA** football. More than 60% of those playing opportunities are in Divisions II and III. See more stats ncaa.org/about/resource...



TIME MANAGEMENT: WHAT DIVISION I STUDENT-ATHLETES SHOULD EXPECT

Time management is a key component of any college student's success, but it is especially important for students who play Division I sports. From classes to competition, and everything in between, the student-athlete schedule stays busy year-round. Know what awaits before you step foot on campus.

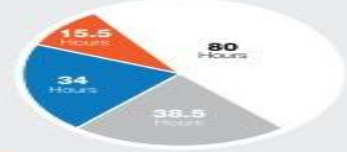


What takes up a Division I student-athlete's time?

 Competition	 Practice	 Strength and conditioning
<p>Did you know? These are considered countable athletically related activities (CARA). NCAA rules limit the time student-athletes can spend on these activities each week. Check with your campus athletics department for more information.</p>	 Supplemental workouts	 Film review
 Academic meetings	 Injury treatment/prevention	 Sports psychologist sessions
 Nutritionist sessions	 Prospective student-athletes host duties	 Team fundraising
 Media activities	 Community service	 Compliance meetings



TIME SPENT ON ACTIVITIES PER WEEK* (168 hours per week)



- Athletics
- Academics
- Socializing/Relaxing
- Other (e.g. sleep, job, extracurriculars)

*Medians collected from the 2015 NCAA GOALS Study

2/3

Two-thirds of Division I student-athletes said they spend as much or more time on athletics during the off-season as during their competitive season.

*Based on the 2015 NCAA GOALS study



During a typical day of competition, Division I student-athletes report spending anywhere from 4.4 to 8.6 hours on their sport. For the full breakdown by sport, visit ncaa.org/time-management

*Based on a 2015 survey of Division I student-athletes

Selected Division 1 College Programs:

- Boston College
 - Stanford University
 - UCLA
 - Univ. of Michigan
 - University of Oregon
 - University of Southern California (USC)
 - University of Wisconsin
- The division that you see on television the most.
 - The division that spends the most money on its student-athletes, programs, & facilities.
 - The division that requires the most hours of commitment—including summer & vacation breaks. (In some D1 athletic programs, student-athletes may *not* be able to major in pre-med, music or engineering—because the labs/rehearsals might interfere with practice.)

Selected Division 2 College Programs:

- Biola University
- California Baptist University
- Cal State Los Angeles
- Chico State (CSU)
- Concordia University, Irvine
- Fresno Pacific University
- Humboldt State University
- University of California, San Diego (UCSD)
- Intermediate sports level as an alternative to the highly competitive Division 1 and non-scholarship Division 3.
- Smaller public schools and many private colleges that often draw more locally and play closer to home.
- Partial athletics scholarship model in some cases.

Selected Division 3 College Programs:

- Amherst College
 - Cal Tech University
 - Carnegie Mellon
 - Johns Hopkins University
 - Lewis & Clark College
 - Pomona/Pitzer College
 - University of Redlands
 - Wesleyan University
 - Willamette University
- These colleges do not offer athletic scholarships.
 - Some of the most highly selective colleges in the nation.
 - Small class sizes, regional season play, and the opportunity to play more than one sport in college.
 - **Division with the best life balance.**
 - Each campus determines its own academic eligibility requirements. (Typically very high standards.)
 - It is possible for a student-athlete to be NCAA eligible, but not academically admissible at a Division 3 or Ivy League college.

The Ivy League

- The term “Ivy League” has nothing to do with ivy covered walls or highly selective academics. It is an athletic league that was created in 1954.
- A ‘verbal commitment’ by a coach is NOT an offer of admission. *Only* the Admission Office can offer admission at these colleges. An Ivy League coach can *only* commit his or her support to a student-athlete in the admissions process.
- All Ivy League colleges are NCAA Division 1.

<http://www.ivyleaguesports.com/information/psa/index>

Ivy League Colleges:

- Brown
- Columbia
- Cornell
- Dartmouth
- Harvard
- University of Pennsylvania
- Princeton
- Yale

<http://www.ivyleaguesports.com/landing/index>

ACADEMICS AND THE NCAA



WHICH CH CLASSES COUNT IN THE NCAA'S GPA CALCULATION?

CH CLASSES THAT ARE NCAA APPROVED:

Academic Core Courses in:

1. English
2. Social Studies/History
(including Psychology and Economics!)
3. Math
4. Science
5. World Language

CH CLASSES THAT ARE NOT NCAA APPROVED:

- Computer classes (even AP!)
- P.E. classes
- Fine Art, Theater, Music, Choir and Dance classes
- Electives such as Human Development, Video Production, Television Production, Recording Arts

ACADEMIC ELIGIBILITY

DIVISION I ACADEMIC STANDARDS

Division I schools require you to meet academic standards for NCAA-approved core courses, core-course GPA and test scores. To be eligible to practice, compete and receive athletics scholarships in your first full-time year at a Division I school, you must graduate from high school and meet ALL of the following requirements:

1. Complete a total of 16 core courses in the following areas:



Note: See the core-course progression requirements.

2. Complete 10 out of your 16 core courses, including seven in English, math or natural/physical science, before the start of your seventh semester. Once you begin your seventh semester, you must have more than 10 core courses completed to be able to repeat or replace any of the 10 courses used to meet the 10/7 requirement. Students whose academic credentials are solely international (including Canada) are not required to meet the 10/7 requirement.
3. Complete the 16 NCAA-approved core courses in eight academic semesters or four consecutive academic years from the start of ninth grade. If you graduate from high school early, you still must meet core-course requirements.
4. Earn an SAT combined score or ACT sum score that matches your core-course GPA (minimum 2.300) on the Division I sliding scale. SAT scores earned on or after March 2016 will be evaluated based on concordance tables established by the College Board.

How to plan your high school courses to meet the 16 core-course requirement:

$$4 \times 4 = 16$$

4 English courses (one per year)

+ 4 math courses (one per year)

+ 4 science courses (one per year)

+ 4 social science (and/or additional) courses (one per year)

16 NCAA core courses

Sliding Scale for Division I

*Remember, if you took the SAT on or after March 2016 you need to compare your score on the College Board concordance table. Learn more about the concordance table on page 24 or visit ncaa.org/test-scores.

DIVISION I FULL QUALIFIER SLIDING SCALE		
CORE GPA	SAT* READING/MATH	ACT SUM
3.550	400	37
3.525	410	38
3.500	420	39
3.475	430	40
3.450	440	41
3.425	450	41
3.400	460	42
3.375	470	42
3.350	480	43
3.325	490	44
3.300	500	44
3.275	510	45
3.250	520	46
3.225	530	46
3.200	540	47
3.175	550	47
3.150	560	48
3.125	570	49
3.100	580	49
3.075	590	50
3.050	600	50
3.025	610	51
3.000	620	52
2.975	630	52
2.950	640	53
2.925	650	53
2.900	660	54
2.875	670	55
2.850	680	56
2.825	690	56
2.800	700	57
2.775	710	58

DIVISION I FULL QUALIFIER SLIDING SCALE		
CORE GPA	SAT* READING/MATH	ACT SUM
2.750	720	59
2.725	730	60
2.700	740	61
2.675	750	61
2.650	760	62
2.625	770	63
2.600	780	64
2.575	790	65
2.550	800	66
2.525	810	67
2.500	820	68
2.475	830	69
2.450	840	70
2.425	850	70
2.400	860	71
2.375	870	72
2.350	880	73
2.325	890	74
2.300	900	75
2.299	910	76
2.275	910	76
2.250	920	77
2.225	930	78
2.200	940	79
2.175	950	80
2.150	960	81
2.125	970	82
2.100	980	83
2.075	990	84
2.050	1000	85
2.025	1010	86
2.000	1020	86

ACADEMIC REDSHIRT

DIVISION II ACADEMIC STANDARDS

Division II schools require college-bound student-athletes to meet academic standards for NCAA core courses, core-course GPA and test scores.

To be eligible to practice, compete and receive an athletics scholarship in your first full-time year at a Division II school, you must graduate from high school and meet ALL of the following requirements:



1. Complete 16 core courses in the following areas:



ENGLISH

3 years



MATH

(Algebra I or Higher)

2 years



NATURAL/
PHYSICAL
SCIENCE

(Including one
year of lab science,
if offered)

2 years



SOCIAL
SCIENCE

2 years



ADDITIONAL
(English, math, or
natural/physical
science)

3 years



ADDITIONAL
(English, math,
natural/physical science,
social science,
foreign language,
comparative religion
or philosophy)

4 years

2. Earn an SAT combined score* or ACT sum score that matches your core-course GPA (minimum 2.200) on the Division II competition scale.



Sliding Scale for Division II

*Remember, if you took the SAT on or after March 2016 you need to compare your score on the College Board concordance table. Learn more about the concordance table on page 24 or visit ncaa.org/test-scores.

DIVISION II FULL QUALIFIER SLIDING SCALE		
USE FOR DIVISION II BEGINNING AUGUST 2018		
CORE GPA	SAT* READING/MATH	ACT SUM
3.300 & above	400	37
3.275	410	38
3.250	420	39
3.225	430	40
3.200	440	41
3.175	450	41
3.150	460	42
3.125	470	42
3.100	480	43
3.075	490	44
3.050	500	44
3.025	510	45
3.000	520	46
2.975	530	46
2.950	540	47
2.925	550	47
2.900	560	48
2.875	570	49
2.850	580	49
2.825	590	50
2.800	600	50
2.775	610	51
2.750	620	52
2.725	630	52
2.700	640	53
2.675	650	53
2.650	660	54
2.625	670	55
2.600	680	56
2.575	690	56
2.550	700	57
2.525	710	58
2.500	720	59
2.475	730	60
2.450	740	61
2.425	750	61
2.400	760	62
2.375	770	63
2.350	780	64
2.325	790	65
2.300	800	66
2.275	810	67
2.250	820	68
2.225	830	69
2.200	840 & above	70 & above

DIVISION II PARTIAL QUALIFIER SLIDING SCALE		
USE FOR DIVISION II BEGINNING AUGUST 2018		
CORE GPA	SAT* READING/MATH	ACT SUM
3.050 & above	400	37
3.025	410	38
3.000	420	39
2.975	430	40
2.950	440	41
2.925	450	41
2.900	460	42
2.875	470	42
2.850	480	43
2.825	490	44
2.800	500	44
2.775	510	45
2.750	520	46
2.725	530	46
2.700	540	47
2.675	550	47
2.650	560	48
2.625	570	49
2.600	580	49
2.575	590	50
2.550	600	50
2.525	610	51
2.500	620	52
2.475	630	52
2.450	640	53
2.425	650	53
2.400	660	54
2.375	670	55
2.350	680	56
2.325	690	56
2.300	700	57
2.275	710	58
2.250	720	59
2.225	730	60
2.200	740	61
2.175	750	61
2.150	760	62
2.125	770	63
2.100	780	64
2.075	790	65
2.050	800	66
2.025	810	67
2.000	820 & above	68 & above

IMPORTANT RECRUITING TIPS



THREE IMPORTANT QUESTIONS:

Do you have the....

1. **ABILITY** to compete at the college level?
2. **DESIRE** to compete at the college level?
3. **PERSEVERANCE** to finish what you start?

(Success in college academics and athletics is very demanding.)

EVALUATION VS. RECRUITMENT

EVALUATION

Evaluation: When a coach takes the time to watch you play in a high school game, match, club tournament, showcase or combine to determine whether or not you're good enough to play on his/her college team.

****** It is possible for a coach to evaluate a student-athlete but NOT be recruiting him/her.

RECRUITMENT

- Recruiting is any solicitation of a prospective student-athlete by an institutional staff member for the purpose of securing the prospective student-athlete's enrollment and ultimate participation in the institution's intercollegiate athletics program.
- Recruiting: When a coach invites a student-athlete to play a particular sport at a particular college. The coach may offer the student-athlete a walk-on position (no scholarship), a partial scholarship, or a full scholarship.

WHAT CAN YOU (**THE STUDENT-ATHLETE**) DO TO GET YOURSELF NOTICED BY COLLEGE COACHES?

- Do whatever your best is in your CH classes to get the best grades possible. ***The higher your gpa, the more college sports options you'll have.***
- Be your own advocate. Email the coach at various colleges to express your interest. Invite coaches to watch you play in a club tournament or showcase. (Ms. Oden can help you draft an email to a college coach.)
- Complete the Prospective Student-Athlete Questionnaire on the college's website, if available.
- If the head/assistant/position coach requests it, email a web link of your actual game/match footage and include your athletic resume.
- Attend a summer camp at the college in which you are interested. Participate in a local combine/showcase at which college coaches attend.
- Ask your club/high school coaches for their opinion on which NCAA division would be appropriate for you.
- Check out the webpages of the college sports program you're interested in. How many student-athletes are freshman/sophomores? How many play your position? What info can you find in their bios to give you an idea of how good they are? Can you compete with that person?



RESOURCES



- NCAA Eligibility Center:

<https://web3.ncaa.org/ecwr3/>

- NCAA - The Value of College Sports:

<http://www.ncaa.org/student-athletes/value-college-sports>

- NCAA-Academics:

<http://www.ncaa.org/about/what-we-do/academics>

- NCAA-Who We Are (Membership Map of Div. 1, 2 and 3 colleges):

<http://web1.ncaa.org/maps/memberMap.jsp>

- USA Today - *Recruiting Advice for Parents from 3 College Coaches*:

<http://usatodayhss.com/2017/recruiting-tip-recruiting-advice-for-parents-from-3-college-coaches>

- USA Today - *The Real Benefits of Playing College Sports*:

<http://usatodayhss.com/2015/recruiting-column-the-real-benefits-of-playing-college-sports>

- NCAA - *Choosing a College: Questions to ask the Coaching Staff*:
<http://www.ncaa.org/student-athletes/future/choosing-college>

- Peterson's Guide - *Considering Athletics When Looking to Find a College*:

<https://www.petersons.com/articles/college-admissions/sports-college-considering-athletics>

- The College Board - *Student-Athletes - Choosing a College*:

<https://professionals.collegeboard.org/guidance/prepare/athletes/college>

- CollegeXpress - *22 Essential Social Media Tips for College Sports Recruitment*:

<https://www.collegexpress.com/articles-and-advice/athletics/articles/recruitment-process/22-essential-tips-using-social-media-during-college-sports-recruitment/>

- FastWeb - *5 Collegiate Recruitment Tips for Student-Athletes*:

<https://www.fastweb.com/student-life/articles/five-collegiate-recruitment-tips-for-student-athletes>

- USA Today - *The 5 Worst Recruiting Tips of All Time*:

<http://usatodayhss.com/2016/recruiting-column-the-5-worst-recruiting-tips-of-all-time>